

# Johnson Chiropractic Clinic

**Team Johnson** (from L-R) Sarah Dunlop (office mgr), Dr. Kelly Johnson DC and Melinda Moir (laser tech)



2018  
**June**

**16th - Blues Fest Perth -**  
Crystal Palace, downtown.  
\$22 admission

267-6817



**17th -**  
**HAPPY FATHER'S DAY**

**21st -**  
**First Day of Summer!**

**23rd -**  
**Perth Kilt Run**



**1st - 30th -**Dr. Kelly away  
for Meditation  
Retreat in Spain!  
Dr. Grape will be  
covering



**Kick it Once &  
For All!**



You are linked to that cigarette. Like a chain that weighs you down. Dragging your feet and your spirit. You are alienated from others and restricted from public places. You feel hopeless & frustrated. You want to break free and be healthy. *You want* to live longer and share that long, healthy life with your loved ones. *We can help* you break that link! We offer hope for a better life. You are not alone. Let us help you.

**Extra 10% off if booked in June**  
[See monthly package here.](#)

I am always more interested in what I am about to do than what I have already done. - **Rachel Carson**

## Vegan Chocolate Peanut Butter Cups



[runningonrealfood.com](http://runningonrealfood.com)

### **Chocolate:**

2 x 1/4 cup melted coconut oil (2 batches)  
2 x 3 tbsp pure maple syrup (2 batches)  
2 x 1/4 cup cocoa powder (2 batches)

### **Peanut Butter Filling:**

1 cup natural peanut butter  
2 tbsp coconut oil  
1 tbsp maple syrup  
1/4 tsp sea salt  
1 tbsp + 2 tsp nutritional yeast  
1 tsp cinnamon

- Mix 1<sup>st</sup> batch melted coconut oil, maple syrup and raw cocoa powder in a bowl.
- Spoon about 1/2 tbsp-1 tbsp into muffin cups, it should make 12 large cups.
- Place in freezer for 10 mins.
- Mix ingredients for peanut butter filling in bowl. Mix until it's smooth & nutritional yeast mixed completely.
- Remove chocolate cups from freezer & spoon peanut butter filling into each cup; about 1 heaping tbsp/cup. Place in freezer for 20-30 mins or until hardened.
- While peanut butter is setting, mix 2<sup>nd</sup> batch of chocolate ingredients. Once peanut butter cups are ready, spoon mixed chocolate ingredients over top of peanut butter. Sprinkle with cacao nibs & Himalayan salt, if desired. Place back in the fridge for about 10 minutes or until the chocolate is set.



Creating a happier, healthier world ~ starting with you!



## Dads! Get in the Game Without the Pain -



As warmer weather approaches, golfers can't wait to get to the first tee. But **twisted postures, the torque of the swing and forgetting to warm-up can cause unnecessary injury.**

Here are a few easy stretching techniques that and help you get in the game without the pain. For help developing a warm-up and stretching routine that's right for you, consult your chiropractor.

**Side Bending Stretch** – Stand with feet shoulder-width apart. Bend to one side without rotating until you feel a stretch in the side of your back.

**Quadriceps Stretch** – Keep your thighs together and your knee pointing toward the ground. Pull your abdominal muscles in and maintain a straight back.

**Hamstring Stretch** – Stand with feet shoulder-width apart. Reach your hands towards the sky. Then, bending at the waist, reach toward your toes.

[Click here to view all the stretches with diagrams.](#)



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Are you looking for healthier, chemical-free ways to get your house clean? You can use pure essential oils to clean almost anything in your home. Use white **vinegar**, **castile soap** & drops of **Lemon, Orange or Lavender** for cleaning your floor. Use **Peppermint** oil to sanitize around doors & windows if you have a problem with mice or ants. **Orange, Clove & Cinnamon** will make a wonderful room freshener. **White vinegar** also makes a lovely natural fabric softener in your laundry. A mix of **vinegar, water, Lemon & Orange oil** in a spray makes a fantastic smelling window cleaner! [RECIPES](#)

## Essential Oils are for Dads too!

- **Deep Blue Rub** – soothes muscles before & after exercise
- **Cedarwood & Lemongrass essential oil** –popular to diffuse or use as aftershave
- **Peppermint essential oil** – fresh breath, cooking, massage, promotes digestion
- **Balance essential oil blend** – creates calm, eases anxious feelings
- **Intune blend** – maintains focus at work

## Pet Corner with Dr. Kelly



*Signs your dog or cat MAY NEED adjusting:*

- Difficulty going upstairs
- Moving slower than normal
- Resistant to jumping on or off the bed, Resistant to going outside or for walks
- Limping, Incontinence
- Hip issues, Sore after playing with other animals
- Staying in the litterbox too long

### Benefits of Adjustment

- 1) Increases joint range of motion
- 2) Reduces inflammation
- 3) Reduces adhesions in the joint
- 4) Increases circulation
- 5) Relaxes tight muscles
- 6) Reduces pain



**Our mission is to minimize the dis- ease of the nervous system caused by trauma, toxins & thoughts & to maximize well-being.**

*Got your Happier, Healthier Rewards Card?*

